**SCHEDULE AND AGENDA**

3) Course Three:  Buddha’s Teachings: Vipassana and its application to Research & Mental health(Preference to East Asian Countries)

**Synopsis:** This course will highlight essence of Buddha's teachings, Vipassana Meditation. This is its practical aspect and learning Vipassana actually bring positive change's in one's life. Buddha's teachings are in a way projects deep science of mind which will be of interest to Psychologists, Psychiatrists & Doctors. It will be a great opportunity to learn its theoretical as well as practical aspects along with scientific research done about it.

**Dates:** 23rd to 27th November (Monday to Friday)

**Schedule:** Five days course, every day three lectures, each lecture of one and half hours, with break of 15 minutes

**Timings** 10 am to 3 pm (Indian Time)

**Criteria:** Psychologist, Psychiatrists & Doctors (Any Pathy)

**Region:** East Asian countries